

SMART Goals Planner

Turn a broad intention into a clear next action

MY GOAL:

S Specific

What exactly will I do?

M Measurable

How will I know I did it?

A Achievable

What makes this realistic right now?

R Relevant

Why does this matter to me?

T Time-bound

When will I start or finish?

FIRST STEP PLAN

Smallest next step:

Support or reminder I will use:
